



# Tropical Eye Opener

*A refreshing mixture of fruit, juice, and frozen yogurt for a meal on the go.*



## Makes 4 servings.

1 cup per serving.

**Prep time:** 5 minutes

## Ingredients

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks\*
- $\frac{3}{4}$  cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

## Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth
2. Pour into glasses and serve.

### *Nutrition information per serving:*

Calories 151, Carbohydrate 35 g,  
Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g,  
Saturated Fat 1 g, Trans Fat 0 g,  
Cholesterol 3 mg, Sodium 31 mg

\*Canned fruit packed in 100% fruit juice.